

# INTERMEDIATE SELF-DEFENSE

Presented by the  
Interagency Committee for State Employed Women (ICSEW)

Instructor (Clan Jacobs) is a Certified Defensive Tactics Instructor, an 8<sup>th</sup> Degree Black Belt, and a World Class Competitor and European Champion.

Attendees will learn intermediate self defense techniques, including skills needed to defend themselves against more than one attacker, variations of different proven holds (hair, finger lock, thumb lock, goose neck lock, wrist lock and z-lock) and various self defense kicks.

Individuals will have the opportunity to practice learned self defense techniques on mats with other attendees. Please wear comfortable clothing and soft-soled shoes.

Date: Friday, October 27, 2006  
Time: 1:30 p.m. to 4:30 p.m.  
Cost: \$30  
Location: Lacey Fire District Station #34,  
8407 Steilacoom Road SE, Lacey, WA 98513  
Olympia, WA

HOW TO APPLY: Easy online registration:  
<http://www.icsew.wa.gov/calendar/default.htm>

**Payment:** PLEASE MAKE CHECK PAYABLE TO "ICSEW". SEND A COPY OF THE INTERNET REGISTRATION FORM ALONG WITH YOUR PAYMENT OF \$30.00 TO **MICHELLE LUCERO, WASHINGTON STATE DEPARTMENT OF AGRICULTURE, P O BOX 42560, OLYMPIA, WA 98504; FAX 360/902-2087; or Mail Stop 42560.** PAYMENT IS DUE PRIOR TO ATTENDING TRAINING. NO CREDIT CARDS ACCEPTED. CANCELLATIONS MUST BE MADE TWO DAYS PRIOR TO THE COURSE.

ICSEW TRAININGS ARE OPEN TO ALL STATE EMPLOYEES.

**If you have any questions, contact Michelle Lucero,**  
**[mlucero@agr.wa.gov](mailto:mlucero@agr.wa.gov), 360-902-1967.**



# ICSEW

Interagency Committee of State Employed Women

## REGISTRATION FORM

COURSE TITLE: INTERMEDIATE SELF DEFENSE

DATE: 10/27/06 P.M.

LOCATION: Lacey Fire District , 6500 Mullen Road, Lacey, WA 98513-2059

TIME/HOURS: 1:30 a.m. – 4:30

COST \$30

NAME: \_\_\_\_\_

WORK ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

AGENCY: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

TELEPHONE: (WORK) - \_\_\_\_\_

PLEASE MAKE CHECK PAYABLE TO "ICSEW" AND SEND THIS REGISTRATION FORM ALONG WITH YOUR PAYMENT TO **MICHELLE LUCERO, WASHINGTON STATE DEPARTMENT OF AGRICULTURE, P O BOX 42560, OLYMPIA, WA 98504; FAX 360/902-2087; or Mail Stop 42560.** PAYMENT IS DUE PRIOR TO ATTENDING TRAINING. A CONFIRMATION WILL BE EMAILED TO YOU WITHIN A WEEK WITH DIRECTIONS TO THE TRAINING SITE. BE SURE TO INCLUDE YOUR E-MAIL ADDRESS ABOVE FOR YOUR CONFIRMATION, ETC.

MICHELLE LUCERO, ICSEW EDUCATION COMMITTEE CHAIR  
[mlucero@agr.wa.gov](mailto:mlucero@agr.wa.gov), (360) 902-1967.